# **IMPORTANT PLEASE READ**

You are about to invest time and money in your hair grafts.

Please follow these instructions carefully.

*Avoid* ***alcohol, aspirin, ibuprofen, garlic and spices, Regaine (minoxidil)and energy drinks such as Red Bull, high dose vitamins or herbal supplements,***

*for one week before your procedure.*

*These may make you more liable to bleed. Paracetamol can be used instead though.*

*Make sure we are aware of* ***any medications*** *that you may be on and any serious illnesses or allergies you may have. This includes “recreational” drugs as they can interact with local anaesthetic.*

*If you smoke, you should continue smoking as normal, rather than trying to cut down. Also, preoperatively, you should have a cigarette so that you don’t have the craving during the procedure, so please do ask.*

*On the day, wear comfortable clothes that don’t need to be pulled over your head (e.g.* ***button up shirts*** *not sweaters).*

*You should* **bring** *a* ***baseball cap*** *or similar to wear after the procedure (****not*** *tight, woolly or “beanie” hats or bandanas. They will stick to the grafts!).*

*Wash your hair either on the day or the day before and* ***please make sure you eat breakfast or an early lunch before your procedure*** *as this will make you feel more comfortable as there is no reason to starve beforehand as we only use local anaesthetic.*

*If you have any queries, please do not hesitate to contact us.*